

Mebane City Beat: Town boosts senior programming

BY KELLY HUNTER
SPECIAL TO THE NEWS OF ORANGE

Are you over 55 or older and looking for ways to socialize, get active, or build relationships? If you are, then you are not alone! Over the past year, the City received requests from a “grassroots” group of seniors interested in having the City of Mebane provide programs or other opportunities specifically for the senior population. Upon receiving such interest, the City began meeting with various organizations to see what programs or classes they could offer. The Mebane Recreation and Parks Leaders thus started brainstorming ways to engage the older population in our community, and that is where the idea for a program called Senior Connect began!

What is Senior Connect? Senior Connect is a new initiative that began in February 2025 aimed at the senior community and inviting them to socialize, connect, and be active with other seniors via open social hours and self-guided activities. Through Senior Connect, the City plans to promote wellness, encourage lifelong learning, and provide a welcoming environment to create and build meaningful connections with fellow Mebane peers. Currently, anyone 55 and older can participate for free in the Senior Connect program. Available every week year-round, Senior Connect takes place Monday through Thursday in the Mebane Arts and Community Center Community Room (633 Corregidor St.) from 9 a.m. to 4 p.m. The schedule currently features various activities for those days, subject to change or alterations based on participant feedback and responses. Individuals looking to get involved in Senior Connect can expect to find various board games and card games such as checkers, chess, dominoes, bridge, or Bunco available on Mondays and Wednesdays. On Tuesdays and Thursdays, Senior Connect focuses on exploring and engaging in crafts with self-guided art activities such as coloring sheets, which are great for stress reduction and improving fine motor skills while enhancing cognitive function. Participants can also participate in an optional Silent Book Club on Tuesdays and Thursdays. Interested in bringing your own game and teaching others how to play or completing your own craft? If so, the City encourages individuals to bring their own materials, crafts, or any additional games to play at the Mebane Arts Center while socializing with others.

While Senior Connect focuses on creativity, enhancing emotional well-being, reducing loneliness, and providing mental stimulation, the City also wanted to provide a space for other senior programs focused solely on physical well-being. As we age, it is crucial to maintain regular exercise. Not only does physical exercise help with improving mood and cognitive function, but staying active helps build and maintain muscle mass and bone density, both of which decline with age. Building and maintaining muscle mass also aids in improving your balance and reducing the risk of falls, contributing to a higher quality of life and allowing individuals to re-

MEBANE RECREATION AND PARKS
SENIOR Connect

Senior Connect is a new program offering seniors the opportunity to socialize, connect and be active with other seniors through self-guided activities and open social hours.

Please check with MACC staff for confirmation of daily hours.
Visit cityofmebanenc.gov/senior-programming or call 919-563-3629 for more scheduling information.

Mondays - Thursdays, 9 a.m. - 4 p.m.
MACC Community Room

- Board Games
- Card Games
- Checkers
- Chess
- Dominoes
- Coloring
- Fiber Arts
- Silent Book Club

Program location and time subject to change due to other senior related programming

main engaged in activities they enjoy while holding onto a sense of independence. The City of Mebane recognizes the importance of staying active and, therefore, offers year-round gym walking, Ping-Pong, otherwise known as table tennis, and cornhole Monday through Friday in the Mebane Arts and Community Center (MACC) Gymnasium from 8 a.m. to noon. On Tuesdays and Thursdays, the City offers pickleball from 1 to 3 p.m. in the MACC Gym. Multiple pickleball courts are set up and whether you're a pro or just learning the game, everyone is invited to come out, meet peers, and enjoy playing!

Interested in more structured or class-led fitness classes/programs? The City of Mebane has partnered with the Mebane Woman's Club to provide free MebFit Senior Fitness classes! Some classes offered include Senior Fitness, Senior Cardio, and Chair One for Seniors. MebFit Chair One is a dynamic, seated fitness class designed to improve mobility, strength, and balance from a chair's comfort. This workout class is perfect for older adults with limited mobility or anyone looking for a low-impact workout, as it combines cardio with resistance training and flexibility exercises. For more information on what fitness classes are available or to register and secure your spot, visit tinyurl.com/cityofmebanerec, select Senior Programs, and scroll down to MebFit Fitness Classes. Aside from fitness classes, the Mebane Woman's Club has also teamed up with the Mebane Recreation and Parks Department and the AARP, formerly the American Association of Retired Persons, to offer a new program for older adults and caregivers called the Healthy Aging Academy. The Healthy Aging Academy will be held every Wednesday

from 10 a.m. to 12:30 p.m. at the MACC from March 12 to April 16. The Academy aims to enhance the everyday lives of older adults and their caregivers by educating them on crime prevention, fire safety, adult protective services, financial scams, healthcare, injury prevention in the home, hospice, palliative care, and more. These classes are free, but attendance is limited to 40 people. If you want to attend the next Healthy Aging Academy session, you can register and secure your spot by calling (919) 563-3629.

Senior programs and activities would not be possible without the help of our community partners like the Mebane Woman's Club. While the City has done most of the planning and organizing for Senior Connect, Piedmont Triad Regional Council (PTRC) and Alamance YMCA classes are in the works. The City hopes to partner with the Alamance County Community Services and other groups in the future to provide more of these senior programs and classes. Aiding with this endeavor is the Recreation and Parks Advocacy Commission Sub Committee, the Senior Adult Leadership Team, or SALT. SALT helps with providing feedback and gathering ideas. If you have a suggestion for any other games, activities, or classes to be featured or made available, please get in touch with any of the Recreation and Parks Advocacy Commission (RPAC) members whose email you can find on the City of Mebane website under the Recreation and Parks Department. You can also email the Mebane Recreation Programs Team for more information or to supply suggestions at lmorris@cityofmebane.com or rlegey@cityofmebane.com.

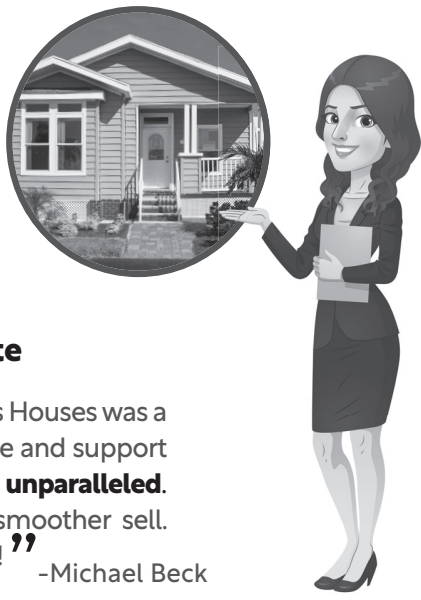
Senior Connect is an exciting initiative for senior programming that the City has started and looks forward to continuing. The goal is to make the Mebane Arts and Community Center (MACC) a hub for our senior population in Mebane on Mondays through Thursdays from 9 a.m. to 4 p.m., where they can engage with one another, make connections, and, above all, have fun! Recreation Program Coordinator Lindsey Morris stated, “We're very excited to see Senior Connect in Mebane! Just in the first week, personal connections were made, stories were told, and it has been a pleasure to meet many who have been able to utilize the program. I hope we can continue to grow and build relationships with our senior population and help them feel comfortable and anxious to be a part of more in Mebane.” Anyone looking to register for Senior Connect or other senior programs can find information by visiting cityofmebanenc.gov/senior-programming, contacting the Mebane Recreation and Parks team by calling (919) 563-3629 or visiting the MACC. Interested parties may also visit the Civic Rec Registration Software to register for classes. The City requests that all participants fill out a new participant form so they can be contacted via Civic Rec when new programs are announced. In conclusion, the City of Mebane invites all older adults looking to interact and engage with peers in the community to stop by and check out Senior Connect today!

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